

KEWANEE HORIZONS 23



RESTORATIVE JUSTICE

KEWANEE LSRC has agreed to allow us, consistent with COVID protocols, to engage in more Restorative Practices. In the Horizons newsletter you will see the terms RESTORATIVE JUSTICE and RESTORATIVE PRACTICES very often.

The aim of Restorative Practices is to develop community and to manage conflict and tensions by repairing harm and building relationships. Restorative Justice in general, is a process involving the primary stakeholders in determining how best to repair the harm done by an offense. The three primary stakeholders in Restorative Justice are: the victims, the offenders, and their communities of care; their needs are respectively: obtaining reparation, taking responsibility, and achieving reconciliation.

The Kewanee Horizons team believes creating a better community here is Restorative. By indirectly repairing damages and by giving back to our current community and with greater communities at large, we are engaging in Restorative Practices.

**Community: A group of people with a common characteristic
Or interest living together within a larger society.**

Merriam-Webster's Collegiate Dictionary Eleventh Edition

MISSION STATEMENT

Kewanee Horizons has adopted the Restorative Justice and community theme. We have done so partly because this has been the fight of our lives, and as a way to give back, rebuild, and uplift our communities.

We give back because of what we have been given. We rebuild, by restoring back to a state of before our offenses. We uplift, by a conscious and consistent effort to better ourselves as well as those around us.

Kewanee Horizons will work to highlight the achievements of our community both on campus and off, inside facilities and outside. Whether individually or collectively and no matter the uniform we wear. We're going to look into the daily lives on our campus and across the state to other facilities on a regular basis. We are hoping to open the eyes to the limitless potential there is in our population, to advocate for more participation in programming, and to give recognition to those who succeed. We want to remain as interactive as possible so Kewanee Horizons will be picking your brains for ideas and accepting submissions to make this as interactive as possible. This publication is put together for the purpose of uplifting mind, body and spirit.

A TOUCH OF GRATITUDE

By: Derrick G. Robinson @ Graham C.C.

The article that follows is not one that we at Kewanee Horizons would normally print. However, this one was different. This article is not being published for self-gratification nor a “look-at-me” place filler for our publication. It is to send a host of “thank you’s” to everyone who has ever made a contribution to KH. Your work has impacted the community in ways that you may have never expected it to but in every way that we hoped. Please know that we sincerely welcome and appreciate your submissions.

Changing the community one article at a time,
Kewanee Horizons.

My name is Derrick G. Robinson and I am currently incarcerated at Graham C.C. I have been dreadfully bitter for the past two years. Please allow me to elaborate.

I am under the T.I.S. Act (i.e. 32 years @ 100%), thereby being deemed “unworthy” by the powers that be, and ineligible for any good time credits, whatsoever. Then, I began reading the Kewanee Horizons newsletter. Subsequently, I became immensely inspired by other



brothers in my exact position or dilemma, who have summoned the courage to exchange the narrative for something truly priceless and lovely, HOPE!

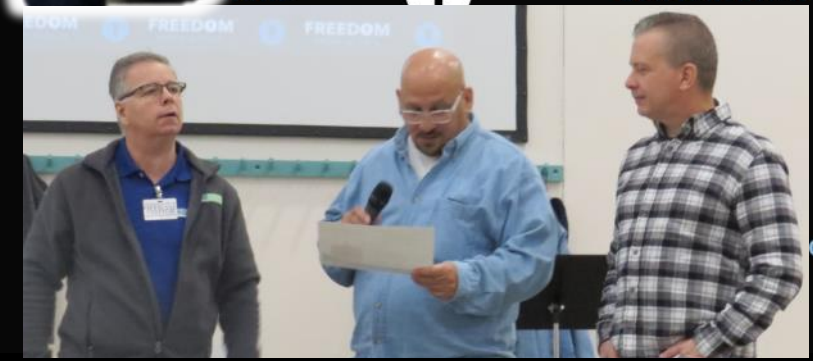
I had become so mad and angry, discontented to the point of almost giving up. I loathed the “short-timers” and the, what I like to call the “repeat customers”, if you will, who were the only ones considered to receive this honored privilege. At least, that’s how my eyes saw it...esoteric B.S. is what I labeled it. I can see now how I blindly missed the bigger picture, the unseen opportunity.

The articles I read not only inspired me, they have kindled a fire in me which had lain dormant for the past 20 years of my incarceration. For the very first time, since behind these proverbial walls, I can honestly say I feel hope in what I perceived to be a hopeless place, not to mention a hopeless situation. The blinders have been removed and the captives have been set free...AMEN!

I am furiously determined to become the best “me” that I can possibly be. I will take advantage of any and all opportunities available to me while helping as many people as I can along the way. T.I.S. be damned! No one other than myself and God, not necessarily in that order mind you, will determine nor be the curator of my destiny and/or self-worth. No one.

Allow me to say BRAVO, BRAVO, to the entire staff at Kewanee Horizons as well as the brothers and sisters whose submissions have dramatically altered my thinking and my heart! Take a bow, well done good and faithful servants! THANK YOU, THANK YOU, THANK YOU! Sometimes life doesn’t quite turn out as we expected it to...sometimes it turns out better...AMEN!

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FOUNDATIONS FOR LIFE

TURBO VERSION

GRADUATION

BY: Ronnie Carrasquillo

CONGRADULATIONS!!! An applaud to the graduates of the first “Turbo Version” class, presented of the Foundations For Life course. A program by the Freedom From Within Organization – Facilitated by Cliff & Sue Parrish. During graduation we were blessed with the presence of Bob Clinkert [Writer of Foundations for life] and guests Chad & Alexis.

The “Student Body” are grateful for the professional manner in which the program is presented; from the Facilitator’s teachings, to the great guest speakers who took time to come share with us, to the educational mind opening videos and the Learn, Apply, and Engage technique which create an enthusiastic environment for learning & personal growth.



During the “Certificate Ceremony” the Facilitators: Cassidy L. Winston, Bobby Crawford, Joseph Moore, Ronnie Carrasquillo, Paul Bosanko, Andrew Proctor, and Juan Barboza, spoke to each members of their group about their accomplishments witnessed throughout the duration of the course.

I have never seen men break out of their shells of different life traumas that they have been through as I have seen once they engage in the 5 Practices and 10 Life Skills curriculum from the Freedom From Within program.

Engage group Facilitator Cassidy L. Winston said: “After joining Foundation For Life, I became abundantly aware of my off balance foundation in which I built upon. I took the tools from this program and started to level my life’s foundational structure back out stronger. What surprised me of the men in this program was their spirit of want-to, want-to really be there attitude. Powerful and Authentic.”

In the words of Tyrone Delaney – “most people have reservations about aspiring to Leadership. They are unsure about whether it is truly right for a person to want to be a leader. After all, is it not better for the position to seek out the person, rather than the person to seek out the position?”

Foundations for Life has had that type of deep impact on me, the brothers that surround me, and the future leaders of tomorrow. Minutes and hours wisely used – translate into an abundant Life... Herein lies the importance of a carefully planned life. If we progress in the economy of time, we are learning to live. If we fail here – we fail everywhere.”



Thoughts from J. Miller; “We had a full class every week and I believe all who participated received necessary bricks to build their foundations. Success, for me is imperative at this point. The foundations assessment showed me which areas are in need of essential repair and the Rhythm Packets focused on what the next steps for growth are.”

Words from Joe Moore: “I’ve been involved with the Freedom from Within Organization since 2017. I have to admit I wasn’t on board at first. I wanted to talk about owning your business, making money.

This program has made me evaluate my motives and purpose, to honestly ask myself [why] am I doing this. I had the opportunity to do their Shark Tank presentation in May of 2017 at Dixon, meeting business owners who believe in redemption and second chances, was life changing.”

We’re grateful that Sue & Cliff have the privilege to begin the program here at KLSRC, they’re truly Ambassadors for God’s Kingdom.

I got to engage in small group leadership, see how guys come in, to eight weeks later is inspiring. So many men come in standoffish, arms folded, now willingly and ready to share openly about the topic for that walk – we always say you can’t run from generosity and authentic friendship, that’s what guys are experiencing in this program.

We are truly one of a kind Masterpieces, God has a purpose and calling for each one of our lives.” God Bless!

Teacher’s Assistant Juan Barboza says: “I witness people who started this course were hardwired negative and after weeks of Learn, Apply and Engage training experienc-

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INFLUENCER

By: Marcus Harris

When you think of influencer, who comes to mind? Kim Kardashian? Jay-Z? LeBron James? Oprah? Yes, they're all influencers, but so are you and everyone around you. Moreover, unbelievably, they often affect our decision-making. We believe we have complete control of every action, but we don't. There's always something or someone unconsciously influencing us in positive and negative ways. I'm not saying people control our every action, because we make our own decisions. Nevertheless, think about it. How you ever thought about doing something and thought, "This is a bad idea. My OG would smack me if she knew I thought about doing this." Alternatively, "My kids wouldn't be proud of me if I went through with this." It's because we're influenced by people we respect.

There's three types of influence: Mobilization, advocacy, and friendship. An example of influence of mobilization is seeing someone mentoring local students, community members or individuals in custody in education, life skills, or job skills and this

encourages you to do the same and/or take their course seriously because you know they could be doing something else with their time than helping you. An example of influence of advocacy is seeing someone lobbying against unfair sentencing laws for individuals in custody in our country and around the world. This encourages you to join the fight once you parole. However, our greatest and most powerful influences come from family and friends.

Being in prison, we have to admit that our best decisions landed us here. I'll say it again. Our BEST decisions landed us here. However, you have to wonder, would you have done what you did if individuals who truly cared about your well-being surrounded you? The answer will surprise you. I've seen guys meet someone on-the-new and a week later they say, "Oh, that's my homie." They never knew this person in the world, yet they've managed to develop a "strong" friendship. We have to be careful about developing friendships too quickly because there's liars and manipulators everywhere. People will try befriending you when you're employed because they want something from you. If you're fired for stealing, they're the first one saying, "You're grown. Nobody forced you to steal." and technically they're correct. This person influenced (not forced) you because you THOUGHT your "friendship" was stronger than two onions from dietary. However, you ultimately choose to commit to your decision.

In order to avoid these situations, focus on surrounding yourself with people with similar goals and interests. They'll unconsciously influence you to be better while holding

you accountable for your actions. Before reacting, think about how your decisions and its ramifications: Will my family be proud? Will my kids disown me? Am I risking going to seg? Am I risking others going to seg? How does this benefit others and me in the future? Will this decision bring heat to my department and coworkers? Do some critical thinking before taking action. Instead of being around negative people who constantly complain about everything, surround yourself with positive individuals, who strive to evolve and become better every day. Think of them as your board of advisors who'll assist you in navigating your future. Remember, you are whom you hang around. If you dislike the fact that the people you spend time with are clowns, you may have to look in the mirror.

Special shout outs to Mr. David Allen and Keith "Goku" Gunby for being positive influences during my incarceration—helping me stay on the correct path when they'd see me veering off course. Thanks guys.





PEER LED SHOWCASE

The Lady and Gentlemen that you see pictured above are the very people that help make our vision come to life. These individuals dedicate their time and effort to help teach our fellow peers things that are much needed in their personal development in life, which we anticipate will inspire us all to step up and do the same. We are beyond appreciative for the submissions we've received from other facilities, and other peer educators, and it's truly a wonderful thing to see. We all lead by example, and the example that we've set with these peer-led classes show that we are more than determined to prove our worth. We are all leaving behind a roadmap to success, and for all of those that are involved, to everyone that makes this possible, our gratitude cannot be expressed in simple words.

However, thank you to **Everyone**, and please, keep up the good work!

Trust me, it's not going unnoticed.



CDL *Peer Led Class*



By: Forrest Bayer, Harry Thompson, and Rockie Douglas

Hello Everyone! Thank you for checking out another article from us here in the CDL Peer Led Group! I hope that you have had a chance to check out section 5 in your CDL Study Guide located on your tablets or on the kiosks in your facilities. Please keep studying this section, as it is very important to pass this endorsement test at the DMV in order to obtain your CDL permit.





TIPS:

Always make sure to drain the air tanks daily to avoid buildup of moisture and compressor oil.

During your pre-trip inspection, always do your air brake test making sure the air brake alarm works as well as the automatic spring brakes.

See if you can answer some of these practice questions related to air brakes!

1. The service brake applies and releases:

- A) The parking brake when you use the parking brake control.
- B) The brake when you use the brake pedal during normal driving.
- C) In the event of an emergency.

2. The parking brake applies and releases:

- A) The brake pedal during normal driving.
- B) In the event of an emergency.
- C) The parking brake when you use the parking brake control.

REAL TALK IN THE ART ROOM

**By: Brian Beals
Dixon Writing Team**

The art room in Dixon C.C. is the meeting place where the creatives gather to exchange ideas that inspire one another. There are a few who come to the art room because the program is a refuge where they can escape the usual sea of chaos churning in the housing units, at least for a few hours a week. Although prisoners sign up for the program for different reasons, it's their shared love of art mixed with their diverse racial and cultural backgrounds that generate the eclectic vibes which makes the art room a cherished space.

The art program is supervised by the Leisure Time Services (LTS) department, but it is managed by Peer Art Instructors. One of the former art room instructors was Ulysses "Jake" Jacobs. He painted a mural of a beach at twilight, it shows the full spectrum of yel-

lows to reds in the wake of the receding sun, and various hues of blue as Orcas dance above the waves. The mural is a beautiful illustration of his talent and skill with colors; it bathes the art room in peaceful energy. There's an article tacked to the bulletin board in the art room with a picture showing Jake receiving the Presidential Award from Ronald Reagan College for a collection of paintings he'd done of Dixon Illinois and the surrounding area; which is the birthplace of the college's namesake.

After Jake's release in 2016, Nicholas "Red" Haselrig became the lead art room instructor. There's not an official process that determines the distinction, the room kind of decides. When it came to Red, the choice was easy because he was a natural.

Red was a self-taught artist from Chicago's east side. He expanded his knowledge of art while serving time at Stateville C.C. and Henry Hill C.C. Before leaving Dixon, he led teams that completed murals in the chapel as well as a peace themed mural in the hospital used by the mentally impaired portion of the prison population. "Crossroads", a prison ministry magazine, featured one of Red's paintings titled "The Spirit of Creativity" on its cover in 2020. That painting is currently on display in the Kent District Library, located in Wyoming. To view his art, go to his blog "On Parole.org, under Nicholas Haselrig.

I sat down with Red for this interview after the art room reopened following the pandemic lockdown. The following are my questions and his answers:

Q: What impact has incarceration had on your art?

A: For me, it's something I picked up in here. I believe my incarceration has brought art out of me.

Q: When you hear the term “Prison Art”, what is your reaction?

A: Confinement. I don’t think artists in prison should be defined by their confinement. I am not a prison artist, I’m an artist. Any prisoner can produce pieces that are both admirable and respectable. The same as works that were created by Monet, Picasso, etc. Incarcerated artists shouldn’t have their work locked into the “prison art” category...what’s that? Artists who accept that label can get caught into an infantile state where they never grow creatively. There is a marginalization of art coming out of prisons. It’s devalued before it’s exhibited or marketed because it’s labeled “prison art”.

Q: Do you think artists in prison have a responsibility to create art that describes prison life, culture, and conditions?

A: I can’t speak for all artists that are incarcerated, or to what their responsibilities are or should be. For me, I’ve always viewed art as a language that has the capacity to express qualities of the human experience that’s (sic) impossible to describe in any other terms. Art gives form to a range of feelings for which we have no words.

These figurative/narrative artworks you speak of present enormous opportunities for artists to bridge the gap. This is done by reaching across the aisle to share conversations with all people on issues concerning equality, stewardship, civility, etc. I’m a bit reluctant to admit it, but, for these reasons, yes, I do believe that artists have the painful responsibility of documenting the times and conditions they live in. No matter if the conditions be mass incarceration or some other socio-political reasons.

Q: What is your personal style as an artist?

A: I appreciate all styles of art, such as: impressionism, surrealism, futurism, etc. This appreciation is the driving force that leads me in my attempts to mimic these styles. I always learn something new by not confining myself to one particular style.

My eye can gravitate towards the organized chaos of abstract art. On the other hand, I can simply be inspired by the subject matter of people, places, or things.

A huge interest in my art journey is connected to interpretation. I enjoy creating images that depict strength, struggle, or other themes picked from my subconscious. When people view these works, I thirst for and appreciate their interpretations. Their interpretations, mostly those that are vastly different from my thoughts, assist me in my struggle to reach beyond my superficial thinking of the work.

Q: You're well known for teaching and inspiring beginners and experienced artists to develop their skills. Why have you committed so much of your time and made teaching a part of your artistic experience?

A: I don't consider myself a teacher of art. I'm still learning myself. Here, in Dixon C.C., I managed to land an assignment in the prison's art room. Here, the prison has what one could consider a sanctuary with enough peace and space to complete art. Many artists, beginners and experienced, regularly attend the art room on their scheduled day, some are inspired by my work or seek tips on to achieve certain effects with different art mediums.

I do my best to instruct them to the theoretical knowledge that I have gathered from simple “how-to” instruction manuals. Through this process, I’m learning how to teach, and this has given me a new, profound respect for teachers. My love for the craft drives me to commit so much time. It has become part of who I am.

Q: What is the next step on your artistic journey?

A: The next step in my journey is trying to figure out how to get my art to extend beyond confinement while physically being free and present to enter my art into a legitimate marketplace, where I have creative and financial control.

[End of interview]

Spears is going to need a lot of help rebuilding the art program at Dixon C.C. back to its former respectability.



WORLD AIDS DAY 2022

By: Keith Talley

IDOC, in concert with the Illinois Dept. of Public Health, celebrated World AIDS Day (December 1st) with its teams of certified HIV/AIDS/STD Peer Educators throughout the state. World AIDS Day is a globally recognized day of remembrance, celebration and appreciation. It is a day of intentional acknowledgement of those who are directly and indirectly impacted by HIV/AIDS – those who provide life-affirming support services – and those who influence behavior through education.

The hour long web conference began with a soaring performance from Beyonce' who sung, "I Was Here." Together, Dr. Lamenta Conway (Executive Director of IDPH), who served as emcee, Illinois Public Health Educators Ribbian Thomas (northern region) and Sunder Pappu (southern region), along with a host of other public health officials were all unified in their chorus of appreciation and encouragement for their confined, public health partners. Emphatically, they conveyed the message that, "**peer education saves lives!**"

Several peer educator teams brought their A-game and contributed greatly to the success of the event. Illinois River, a dynamic reentry team with unmatched leadership, marched like soldiers on the battlefield to motivate, educate and nurture their sisters and



brothers in humanity. With original songs from a self-taught singer/songwriter, powerful poetry and thought provoking artwork, the team had the entire conference marching in their seats as they collectively marched and sung, “Turn Your Footsteps into Marches.”

Not to be outdone, the ladies stepped up to show that they are also a force to be reckoned with. The Logan peer educator team displayed their mastery over the life saving information for which they are certified by the Illinois Department of Health to deliver. In a mock, question and answer panel, the six women each deftly answered questions randomly pulled from a box. They weren’t there to entertain, but to handle business! Without pulling any punches, they did the heavy lifting by providing answers to tough questions about LGBT and transgender issues.

Last but not least, the men of distinction at Pinckneyville creatively made their presence felt. While seated in rows like serious, stoic sentinels for social service, the peer educator team gave the event attendees an enjoyable dose of what the confined community there gets to benefit from on a regular basis. Everyone was viscerally moved by a gripping testimonial by one of the team members who shared about being impacted by the loss of a loved one to AIDS related complications. If that wasn’t enough, the team explained the symbolic meaning of a piece of artwork composed by one of their members, which was accompanied by an inspirational piece of poetry.

As a member and on behalf of all the public health peer educators here at Kewanee, we extend a salute of respect to all the event organizers, participants, contributors and fellow peer educators throughout the state. “Every day this sun rises, there is a debt of service due on every joint of our body.”

30-DAY GRATITUDE CHALLENGE: A CHALLENGING EXPERIENCE THAT MADE YOU STRONG

By: Tevonne Thomas @ Pontiac C.C

It started October 3rd of 2022 when I received the phone call through Counselor Ruiz, here at Pontiac C.C., that my mother had passed away at the age of 46. At the time of this situation everything felt as a cause and effect solution but I didn't want to take it as just any normal solution which left me feeling like I only had two options with a side of too many emotions that were hard to bear. It was either relapse into my old ways of impulse action and negative thinking, or move forward with a change and positive mindset. So for a few days I meditated on these two options strategically searching for any angle that could help me from taking 20 steps backwards.

As far as negativity, things didn't look so bright. It was a time of grieving so the more that I meditated, it became more clear to me that I did not want to endure anymore pain, resentment, or something so drastic again in my life. I decided I wanted better, I wanted to keep a more clearer perspective. From this way of thinking, it showed me I actually did have more than two options... I have a brother and sister, who are in high school and they



are about to graduate that I need to be around for. They depend on me for support, they need that extra push of motivation to still be able to move forward in a positive direction which includes college. That is something our mother would desperately want for us, “a better life.”

I understood we needed each other to get us through this grief. So, in order for me to inspire and push them towards success, as well as things to be passionate about, I had to find a better way of living and positive thinking. Now, as things stand today, I’m still moving forward in a positive direction while trying my hardest to be selfless. Also, I try very hard to be more dedicated to being an inspiration in the lives of others and help them achieve their goals, whether material or spiritual. This is all done at the same time I am attempting to achieve my own.

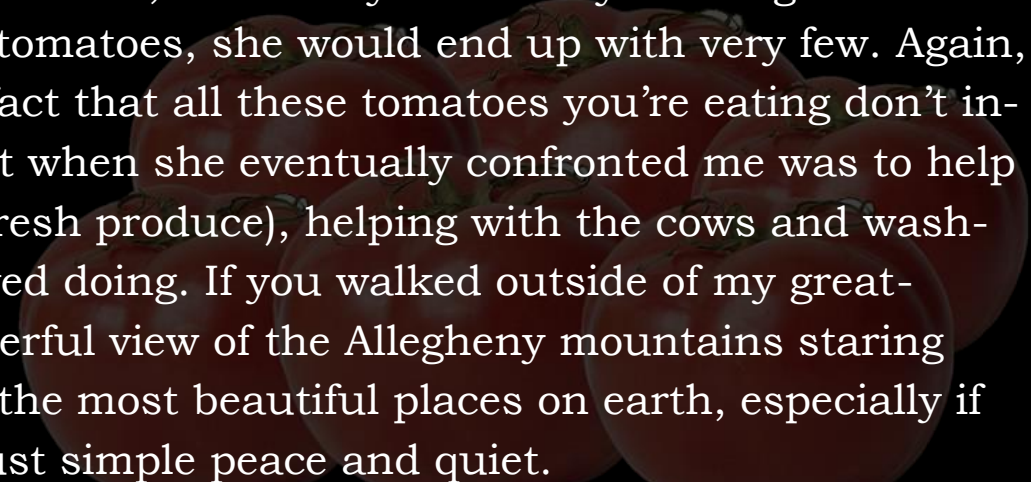
My efforts to inspire my siblings are beginning to show some results. So far, my sister is pursuing a career in cosmetology and planning to open her own hair salon, to be the Boss that she is. My brother is working on obtaining his Commercial Driver’s License, as well as his business license. He has aspirations to drive his own semi-truck while owning and operating his own trucking business. Now, if that isn’t boss legit status, someone please show me differently! As for myself, I have found that writing can be a way of healing the soul and spirit. I like the way that words can reach so many people, cultures, and communities; you never know who you might inspire or help with their grief. This is why I choose to write. I have books that’ll be out on the market soon, check out “Nook” (the

Barnes and Noble app on the Kindle Fire) and Amazon, they'll supply on demand... "Inspirations of A Thug" and "From Hardships To Successships" are a couple of titles to look for. I've also been studying for my G.E.D. so that I am prepared in the near future to further my education. For all the people reading this, don't give up! Positive thinking rehabilitation is real in all shapes and forms, just take a step back and think outside the box in order to analyze your situation properly. Remember, don't let the negativity win and you too will see the way to a positive outcome. Be an inspiration, not a negative-influencer.



**MY PLACE OF PEACE****BY: Tiiyon T. Byrd**

I want to share something with all of you about how gardening has been one of the most therapeutic and life-changing things that I have ever experienced. As a kid visiting my great-grandparents, my Nan had this beautiful garden where she used to grow the perfect tomatoes, of course amongst other things. Every chance I got, I'd sneak into her garden, sit "Indian-style" to try and hide myself within the plants, and I'd be out there eating tomatoes as if they were apples. Little did I know though, she always knew I was there. As a kid you always think you're so damn smart, smarter than your elders, you think all of your hiding places and lies are the absolute best, when they're actually not. It got to the point that because I kept stealing all her tomatoes, she would end up with very few. Again, as a kid, you don't even think about the fact that all these tomatoes you're eating don't instantly grow back. Part of my punishment when she eventually confronted me was to help tend to her garden, (minus enjoying the fresh produce), helping with the cows and washing the horses, none of which I ever enjoyed doing. If you walked outside of my great-grandparents home, you'd have the wonderful view of the Allegheny mountains staring right back at you. Pennsylvania is one of the most beautiful places on earth, especially if you love beautiful scenery, nature, and just simple peace and quiet.



There's a major difference from coming from the inner-city life to country life, but it's truly relaxing. My great-grandparents' home was located in Loysville, PA which is also home to many Amish. Trying to explain the beauty of it all would take more than just my simple words. However, point it, having that experience of dealing with gardens and farming was something that I never thought I'd use in life, mainly because I've always had the misconception that gardening was strictly for women and country folk. Fast-forward to me being incarcerated in I.D.O.C. I couldn't wait to get in line to take the Horticulture class that Lakeland College offers. How I looked at it was, being that I had all this experience in my background gardening and farming, this class would be a breeze. Well, it definitely was not a breeze. Not saying that the class was difficult, but it taught me way more than I thought I actually knew. That's something we struggle with in life as a whole; we all think we know something until it's shown to us that we actually don't.

Taking that Horticulture course taught me more than just putting a seed in some soil and growing something, it broke down the science of it all, the importance of plants, and the many beneficial factors of gardening in general. As I began dealing with different flowers, that's really when my mind began to race. I've always considered myself to be a ladies man, so of course with the right flower, how could you not get the girl of your dreams? Not reality right? Yeah, I know, but isn't it nice to fantasize sometimes? There's a certain beauty about gardening that you could only experience when you actually put your heart into it. For me, as a kid, I didn't care about the beauty and the artistry, and everything else that comes with it, I just wanted some damn tomatoes. Now that I am an adult, gardening has an entire different meaning for me.

Having the ability to grow your own food has been something that our ancestors used to have to depend on. Hundreds and hundreds of years ago, there weren't any fast-food places you could stop by and pick up a burger, people actually had the responsibility of figuring things out. In our world today, people have become so dependent and relaxed that it's ridiculous. I have an amazing, intelligent, handsome 12 year old Son that I talk to about gardening non-stop. The greatest thing ever is hearing his feed-back about some of the YouTube videos I have him watch about gardening and the importance of it, and just the simple fact that he is actually interested in something that his Dad is passionate about. For me, teaching your kids something of substance and importance early on is invaluable. Just because we are currently incarcerated, it doesn't mean that we can't teach our kids things and help them get to know who their parents are as a "person".

As I said before, gardening for me is very therapeutic for me. I may sound crazy in saying this, but when it comes to growing something of your own, it's required that you nurture it and care for it, be attentive to it the very same way you would with a child, or a family pet. That's how I feel at least. After completing the Horticulture program, I was then hired as the teacher's aid where I was responsible for teaching my fellow peers what the course consisted of, how to use all of the gardening equipment and machinery, planting and harvesting, transplanting, and everything else Horticulture consisted of. It was beyond a pleasure to have that job, not only was I doing what I fell in love with, but I was also helping my fellow peers learn a trade/skill that will actually get them somewhere in life. It's something that we can take from here and teach our kids.

That's actually something that I can't wait to do when I get home, which is get my Son his own little greenhouse and have him growing all kinds of things. My hope for all of you is that you find something within these prison walls that brings you peace and comfort, just like gardening has for me. I know there are many of us that don't have the same capabilities as others when it comes to school and programs, however, reading books about the things that you want to learn will be more than helpful when you actually are able to take a class or join a program. I will always encourage all of you to utilize your time doing something productive, teach yourself something new, learn things you thought you'd never give a second thought to. We have libraries in I.D.O.C. for a reason, and there's a lot of books that can teach you more than you think. Don't waste the time you have watching TV shows and thinking about all the many things you could be doing, instead, use the frustration you have as energy to do something that will benefit you now and later on in life. With that, I leave you brothers and sisters with a Happy Holidays and nothing but love and well wishes!

BECOME A POSSIBILITARIAN. NO MATTER HOW DARK THINGS SEEM TO BE OR ACTUALLY ARE, RAISE YOUR SIGHTS AND SEE POSSIBILITIES 🌲



HOW DID I GET HERE BY WARNSING

Believe it or not 2022 has come to an end and 2023 is upon us. Now for the philosophers out there that would like to debate the existence of time and how it is a human construct to help organize this unorganized universe (one of many universes that exist) that we live in, this “time” of year may not mean a lot to you, but to others a new year can mean a great deal. It seems to me that this time around I have heard the phrase “new year, new you” thrown around a lot more than usual. While I understand the idea, I want to take some time to offer a different perspective. Any time that I am looking to adjust or set new goals (which a lot of us do at this time of year) I like to look back at where I have been and the decisions that I’ve made that has got me to this place that I am currently at. Now this is a deeper thought than the car ride that got me to work this morning.



As usual, for those that know me, there is a story that goes with this thought. This is a story that I used to tell every new transfer group that came to Kewanee. It is the story of how I came to be at Kewanee, I’m going to skip a lot of the back story and just get to the meat and potatoes!

The year was 2015 and at the time my primary employment was as a manager/director of a thrift store/benevolence center provided by a local church. Yes at one time I was able to watch my vocabulary enough to work at a church, I didn’t swear nearly as much in those days. Along with working for the church, I also officiated



high school football and basketball games and stocked shelves at a grocery store at night. This is the part of my life that I would call “The Hustle”. So just to give some context, there were days that I would arrive at the thrift store to work at 8 a.m.. I would work that day until 4 or 5 p.m. jump into my car where I had my cloths to ref the games for the night. I would ref two games drive home arriving at around 10 pm, jump in the shower and then go to the grocery store to clock in by 11 p.m to stock shelves for 8 hours to get off at 7 a.m. to go home shower, get the kids off to school and back to the thrift store by 8 a.m. Obviously this did not happen often but I usually refed two nights a week and stocked shelves 3 nights a week so occasionally they overlapped. It took two things to occur for me to realize this wasn’t where I wanted to be in my life.

Gratitude

Joy

Hope

Number one was a church sermon where a good friend and pastor was discussing what “joy” was. His explanation of joy was that brief moment on Thanksgiving between finishing dinner and having dessert. Imagine you just finished eating the turkey, mashed potatoes, gravy, cranberry sauce... and you are full of not just food but also gratitude for what you have just had and then you smell the apple or pumpkin pie from the next room, and now you are full of hope for what is yet to come. Those moments spent in between gratitude and hope, that is where “joy” is present.

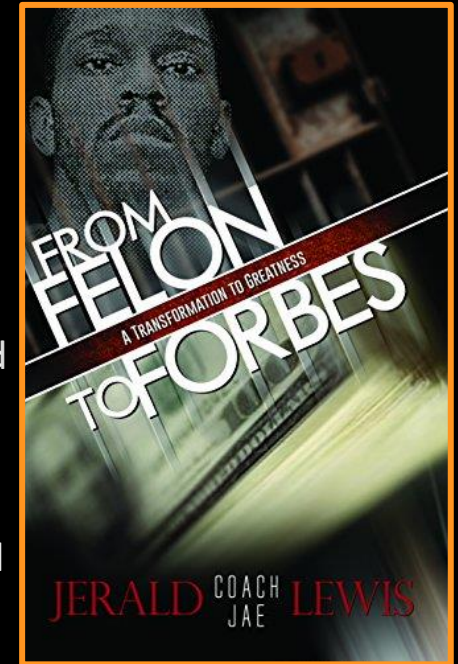
Number two, stocking shelves is extremely boring in the middle of the night. So I would usually have my headphones in listening to a podcast. One of my favorites at the time was from the New You Guru, Jerald “Coach Jae” Lewis. This particular podcast was a recorded motivational speech that he had delivered at a federal correctional facility in Tennessee. He was discussing the story of Cortes. Cortes had traveled from Europe to the Aztec Empire,



this is 1500 AD, later to become Central America. Cortes arrived in the Aztec with many boats and troops to conquer the Aztec and take the riches back to Europe. In a bold move Cortes told the captains of the ships to “burn the boats”. Cortes explained to the captains and all of his men, that there was no turning back, if they were to go home they were going home in the Aztec boats. Coach Jae focused on how we as people need to some times “burn our boats”, our habits, behavior and safety nets that hold us back from getting the goals that we truly want in life.

Now being hit with both of these messages on back to back days made an impact on where I was and how I felt about it. I was content in “the hustle”! I loved the work and the difference I was making through the benevolence center and I was thankful for the living I was making but when I looked at the future, I wasn’t smelling apple pie. I was not hopeful for my future at that point, I knew working three jobs took me away from my family and took a toll on me, physically and mentally. Realizing I was not in a place of joy in my life and wanting to get to a place of joy, I knew what I needed to do, burn the boats!

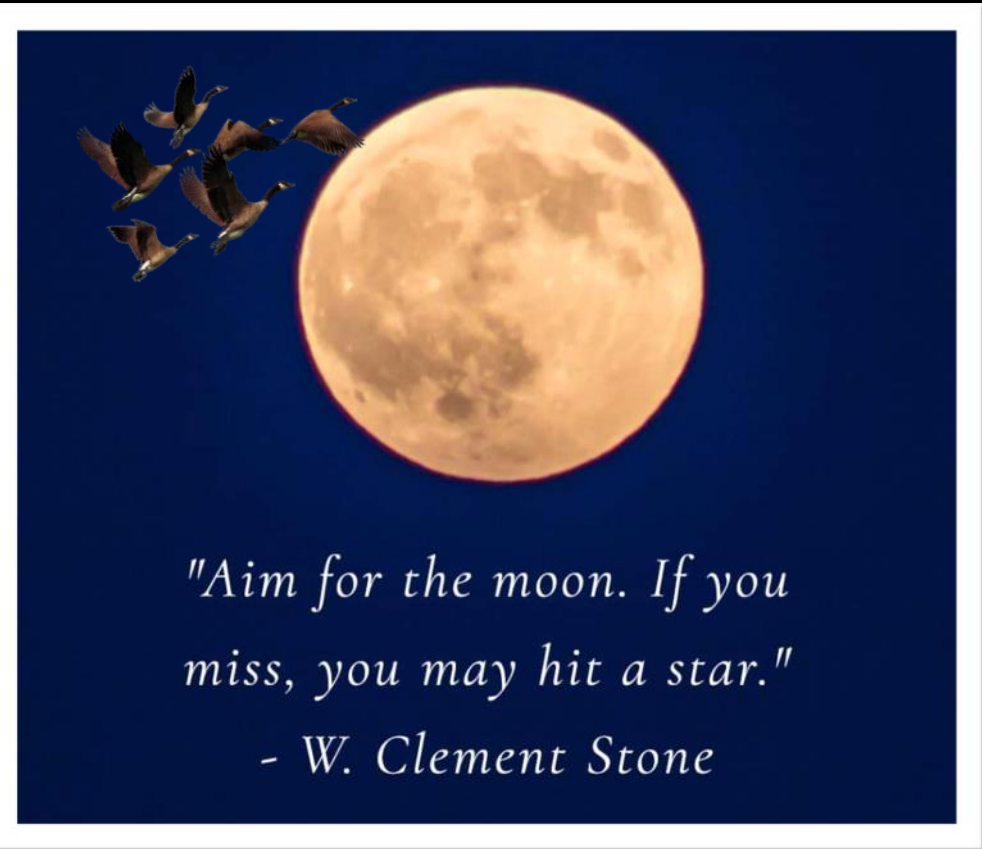
The next day first thing in the morning, I went into the pastor at the church where I worked (same one that gave the message on joy) and explained to him this story I’m telling here and told him that in the next three months, he needed to promise to fire me if I had not resigned. Less then three months later, I resigned at the church and the grocery store and hung up my striped shirt as I started teaching at Kewanee (DJJ at the time). 7 years later, as the EFA at Kewanee, it may not be perfect everyday but I am at place of joy in my life and every once in a while I feel as if I’m sailing home in an Aztec ship!





So as we step into this new year, take a look and see if you are at place of joy in life. Are you truly grateful for what life had been serving you and still have that hope for the apple pie that is coming for dessert? If not, what are the beliefs, behaviors, habits, and sometimes people in your life that are those boats that you may need to get rid of.

Hope this gave you something to think about as you head into the new year, if you prescribe to the human construct of time!





K.H. was lucky enough to recently get a look at Issue #1 of the Taylorville Torchlight! They highlighted their art program peer facilitators, their participants in a 5k charity run, and their new gym project that includes a new floor and an amazing mural. Congratulations to the people who put in some hard work to make their publication look as good as it does. We know how much work goes into putting something like that together and we salute you.



L to R: 5k participants; art program peer facilitators and flag mural from the gym project.

TAYLORVILLE SHOUTOUT

THE MARKET CORNER

WHAT IS AN OPTIONS CONTRACT?



By: Robert "Bulldog" Kennedy

A big part of my success as an investor/trader came from trading options contracts. Options contracts are not actual stocks. Instead, they're a derivative of stocks that trade in a very similar manner, only at a much cheaper price.

Imagine you went to Best Buy to purchase that gigantic flat screen TV you've had your eye on for the longest and was finally on sale for \$1,000. No sweat, right? Unfortunately, when you arrived at the store to make your dream become a reality, the salesperson tells you he just sold the last one! However, he offers you a "rain check," good for up to 30 days from today's date with the right to purchase the same TV at a price of \$1,000 when the next shipment arrives. Cool! Well, a week or so later, the truck load of TV's come in, but

now the store has jacked the price up to \$1,200! Not cool. Wait a minute, you've got a "rain check" with the right to purchase that TV for \$1,000 for up to 30 days, saving you the pain of the \$200 mark up in price. Options contracts work in a very similar manner except rain checks are usually free of charge, while an options contract will cost you a fee, known as a "premium."

There are two types of options contracts: Calls and Puts. When you purchase a "call option", you make a profit when the stock price goes up, just as you would if it were an actual stock. When you purchase a "Put option", you actually make a profit when the stock price goes down. In other words, it doesn't matter if the price of the stock rises or falls as long as you are in the right position to collect the profits. As I mentioned in a previous issue, good traders not only make money when the market is soaring, but also when the market is plummeting.

When you buy a call option, you are purchasing the "right," but not the obligation, to purchase 100 shares of a specific stock at a "specific price" for a "specific amount of time". The term used for the specific price is the "strike price." The term used for the "specific amount of time" is the "expiration date." The term used to purchase this "right" is called a "premium." Let's say you think Apple's stock price is going higher because a new iPhone is coming out soon. You want to get in on the profits before Apple's stock price rises so you purchase 10 shares of Apple (AAPL) at \$173.00 per share, for a total of \$1,730.00 (10 shares X \$173.00). Your strategy worked and Apple's stock price rose \$10.00 per share

to what is now \$183.00 a share, and you are the proud owner of 10 shares. So, \$183.00 (current price of Apple) minus \$173.00 (price you paid per share) = \$10.00 profit per share X 10 shares you own = \$100.00 total profit. Well done! You gained \$100.00 on a \$1,730.00 trade for a “return on your investment” (ROI) of 5.78% profit. (100 divided by 1730 multiplied by 100 = 5.78) Now, let’s try using a call option for Apple instead. You decide to buy a call option for the right to purchase 100 shares of Apple stock with a “strike” price of \$173.00 and an expiration date of 30 days, which is the time frame you chose to allow your trade to take shape. The price of this contract will cost you a “premium” of \$6.00 per share, multiplied by 100 shares equaling \$600.00 in total to own the call option contract. Options contracts are in 100 share blocks called “lots”, which is considered standard in options trading.

So, instead of using \$1730.00 and only being able to purchase 10 shares of Apple, even though you are not actually buying actual Apple stock, you will be “participating” in the upward movement of 100 shares of Apple stock, for the cost of only \$600.00 for a term of up to 30 days. 100 shares of Apple at \$173.00 a share, would cost you \$17,300.00, in one lump sum, up front. Ouch!

Meanwhile, as in the previous trade, Apple’s stock goes up \$10.00 a share, reaching \$183.00 a share. You bought the “right” to purchase 100 shares of Apple at \$173.00, which is your “strike” price. Now, take the current price of Apple’s stock (\$183.00) and subtract your strike price (\$173.00) to get a difference of \$10.00 per share. (\$183.00 minus \$173.00 = \$10.00) Multiply the \$10.00 per share by the 100 shares you have in the con-

tract and you will have a \$1000.00 gain. ($\$10.00 \times 100 = \1000.00). However, remember you had to pay a “premium” in order to own this right, and the premium you paid for this call option, if you recall, was \$6.00 per share multiplied by 100 shares in the contract, totaling \$600.00. ($\$6.00 \times 100 = \600.00) Finally, you need to take the original \$1000.00 gain between Apple’s current stock price and your strike price, ($\$183.00 - \$173.00 = \$10.00 \times 100 \text{ shares} = \1000.00) and subtract the price of the contract you paid (\$600.00) and you will have a profit of \$400.00! ($\$1000.00 - \$600.00 = \400.00) The return on your investment or (ROI) is a whopping 66.7%. (Remember, \$400.00 profit divided by \$600.00 price of the contract multiplied by 100 = 66.7%) Not too shabby. What if you thought Apple’s stock price was going to fall? That would be the other type of options contract called a “Put.” When you buy a put option, you actually profit when the stock price falls, which is unusual for most traders and investors to imagine but it’s what I’ll be discussing with you next time. I hope you come and hang out with me next time at the Market Corner!

INVESTING IN THE STOCK MARKET INVOLVES RISK. THE MARKET CORNER IS MEANT AS AN INFORMATIONAL TOOL, NOT AS INVESTING ADVICE. INVEST AT YOUR OWN RISK!



Shawnee Correctional Center training future welders

By Colin Baillie

VIENNA, Ill. (KFVS) - The Illinois prison system wants to provide a spark for inmates leaving lockup and getting back into the workforce.

On Friday, December 16 we got a first-hand look at how Shawnee Correctional Center is training future welders.

“Getting the work experience that they got here was huge for them, but more than that, it’s getting used to getting up and going to work everyday,” said Eric Goins, Shawnee Correctional Center Metal Shop superintendent.

Goings said inmates in his program learn a variety of metalworking skills such as welding, powder coating, grinding, plasma cutting and more

James Manuel has been locked up since his late teens. He joined this program knowing it would be another chance to make a living when he gets released.

“I’ve just recently become a certified welder, I know how to bend metal, I’m in an apprenticeship program currently for metal fabrication so I do bends, cuts, things of that nature,” he explained.

Manuel has more than four years remaining on his





sentence, but he said the skills he is learning will help him provide for his family.

“It’s important, so I can be ready. When I got locked up, I was 19 years old, I had no skills, I was a lost kid. But since I’ve been in these programs, I feel like I can be a productive member of society,” Manuel said.

Terry Albrecht is expected to be released in 10 months. He recently became a certified welder and is thankful he learned these

skills.

“I’ve been incarcerated a long time, so it’s great to have something to fall back on when I get out and get me a job so I can be comfortable and not have to worry about earning a living,” Albrecht said.

Michael Belmont shared how important it is to pick up on new tools.

“It feels as if we come in to work and it gives us the opportunity to be able to learn new skills and to learn trades and what not. And it’s very relaxing to be able to get out of the cell and enjoy it here,” he said.

Nine people became certified welders, as of last Monday, through the American Welding Society certification for the first time.

Goins said he’s had five people that are now out of prison and using their skills in the workforce.

This national registry allows for portability and for potential employers to verify certification of any individual before or after leaving custody.

“They know it’s a tool when they get out that will help them make better choices. ‘Cause there’s going to be better choices to choose from by having that,” Goins said.

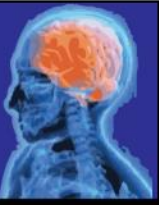
He also said that major companies are reaching out for potential jobs.

“They’ll reach out, whether it’s caterpillar, ROHN, different fabrication shops up north. And then I got some that are currently in a work release that’s also working at those places right now,” he continued.

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MENTAL HEALTH



GROUNDDING TECHNIQUE

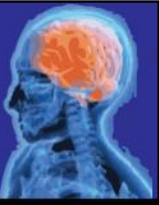
P.48

We asked our KLSRC MHP's (mental health professionals) if there was one thing, mental health-wise that they felt they would promote to everybody, in any and all of the specific cohorts of our community that would be beneficial to engage or practice regularly. Their recommendation was mindfulness, to set aside some time every day to work on this approach to mental health, the way they explained mindfulness was that there are three main aspects to it to try to focus on doing this thing in a way that will be most beneficial, their advice is to try to be mentally: 1) in the moment, 2) on purpose and 3) without judgment. They gave us some information about something called "grounding techniques" that they thought could be very helpful for anybody who may be struggling at any given moment. Here is a recap of this information.

After a trauma, it's normal to experience flashbacks, anxiety and other uncomfortable symptoms. Grounding techniques can help control these symptoms by allowing you to focus the present moment.



MENTAL HEALTH



5-4-3-2-1 TECHNIQUE: P.49

What are **5** things you can see? Look for small details to focus on such as shadow patterns or the way light reflects off of surfaces.

What are **4** things you can feel? Try to notice how your clothes feel on your skin or how it feels where ever you are sitting or laying, try picking something up and noticing its weight or texture.

What are **3** things you can hear? Try to pick up on some of the specific background noises you may have automatically tuned out.

What are **2** things you can smell? Can you smell some rain moving in or freshly mown grass? What about some food cooking or your new deodorant?


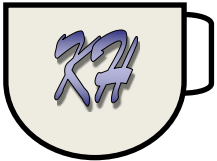

What is **1** thing you can taste? Toothpaste or something like that works well for this part of the exercise.

The idea of this exercise is to take some time and bring yourself into the current moment, therefore removing yourself even momentarily from the thoughts or situation that is agitating you. We hope that you can use some parts of this technique to give yourself some peace on a daily basis and that it might improve your mental health in some way.

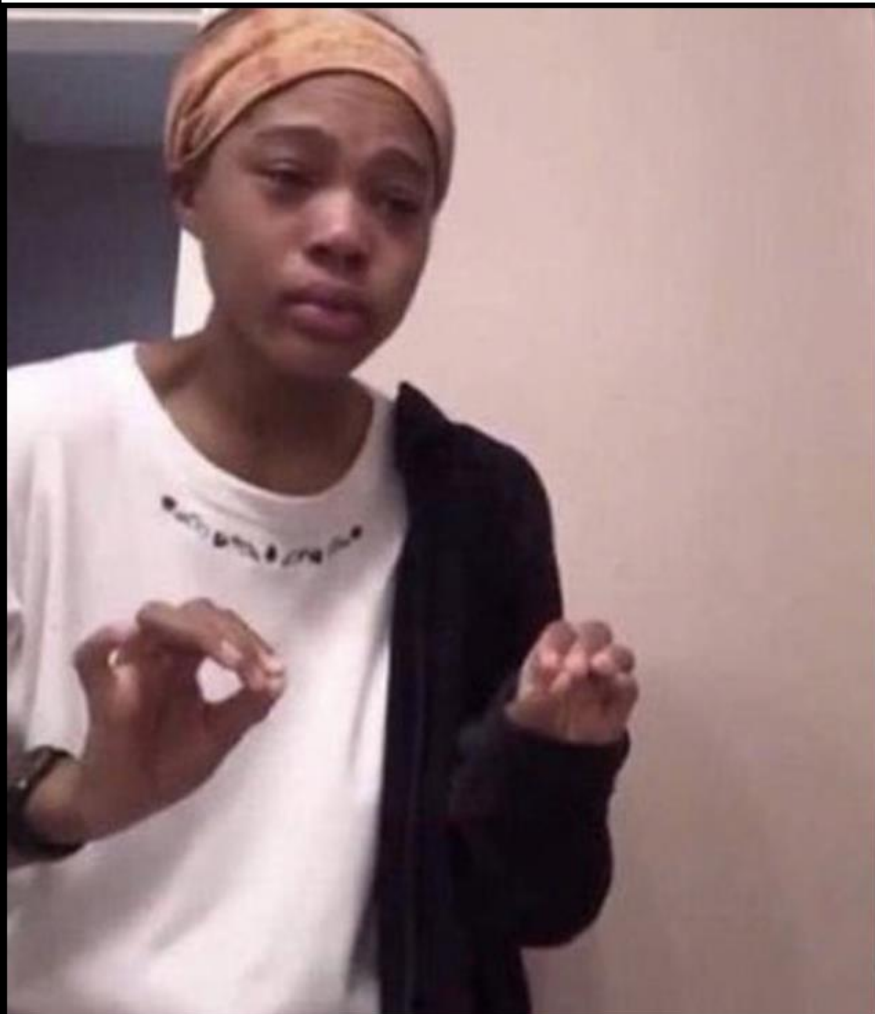
BRAIN FACTS

While communication in the brain relies on electric pulses flashing along wire-like nerve cells, the activity of these cells—and the mental and physical states they induce—are heavily influenced by chemicals called neurotransmitters.

Chemicals that change mental and physical states, both legal and illegal, generally act by interacting with a neurotransmitter. For example, caffeine blocks adenosine receptors, which has the effect of increasing wakefulness. Alcohol stimulates GABA receptors and inhibits glutamate, both inhibiting neural activity in general. Nicotine activates the receptors for acetylcholine, which has several effects, including an increase in attention as well as elevated heart rate and blood pressure. Both alcohol and nicotine have been linked to an elevation of dopamine in the brain, which is what leads to their highly addictive qualities.

TYPE OF DRUG	EFFECTS
 Agonist	A brain chemical that stimulates the receptor associated with a particular neurotransmitter, elevating its effects
 Antagonist	A molecule that does the opposite of an agonist, by inhibiting the action of receptors associated with a neurotransmitter
 Reuptake Inhibitor	A chemical that stops a neurotransmitter from being reabsorbed by the sending neuron, thus causing an agonistic response

My celly explaining to me why LeBron is the greatest of all time, not Jordan.



Me trying to watch 90 day fiancé



K
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HOROSCOPES



Aries: This year you're learning how to stand out—your ambitious! You're creative! You deserve to be recognized! Prepare for some major life events (in a good way) to occur some time around the eclipse in your sign as well as the eclipse in your opposite sign. Trust that people are watching while you shine bright!

Translation: Your artwork is going to be uh-maze-ing! People are going to go cray-cray for it! Keep up the hard work and you will see results by this time next year.



Taurus: The people you surround yourself with—good and bad—say a lot about you, Taurus. Starting this March, it's time to get rid of crappy colleagues and toxic friends. Which, yes, means you'll lose some member of your crew this year, but try not to feel bad about it. You're just freeing up space for all the new, better friends who'll come around.

Translation: You are the average of the five people you spend the majority of your time with, make sure that you are moving up with your choices.



Gemini: You're stepping into 2023 fully loaded and ready for action and that's very good news, because you'll be getting lots and lots of your favorite thing this year: attention. But it's not gonna be all awards and TikTok followers—you'll also be asked to get to work. Some of this may not be fun or easy but you'll be rewarded for your efforts.

Translation: Get ready to cash in on all that work you've been putting in... with more work, but now doing something you love.



Leo: You've spent a long time thinking about the value of partnerships, and now this year, you're ready to commit. Whatever that specifically looks like to you, your yearning for deep, meaningful connections. And you're going to get them, by, say, falling for a new cutie or getting even closer with your S.O.

Translation: You finna come up shawty! You gotta get right with your main squeeze... there are levels to this relationship stuff and you're in the elevator.



Virgo: Deep breaths, Virgo, because this year likely won't be one for the highlights reel. That doesn't mean it's terrible—just that it's about slow change and personal growth. Past friends and exes will reappear, you'll be cutting some bad relationships loose, and February may be especially lonely but all of this means you'll have a clean slate for 2024.

Translation: This is the year of the long term investment for you— school and personal growth!



Libra: Although you're all about balance (being the sign of the scales and all), your relationships—both romantic and platonic—are anything but, and you'll spend most of the spring and summer fixing the drama. The best way to get through it is to let go of your ego and consider the other people's needs, and by the end of the year, your 'ships will be unsinkable.

Translation: Being a giver in life means you will receive more. Facts.



Scorpio: This is it, Scorpy—the year your on-again, off-again situationship needs to be over (for real). Because while fooling around may be a lot of fun, it's time for something that matters. Cut them loose and look for a real connection. If you're already coupled up, concentrate on making sure you're aligned on the important stuff. Start the hard work early and your love life can thrive.

Translation: Your “situationship” is making negative life choices. Stop that. Start making positive life choices, this stuff matters, you matter. Facts.



Sagittarius: Prepare for flashbacks, because this year is all about the past. You're spending time with family, the people you have history with (your oldest friends and maybe an ex or 2), and, most importantly, yourself. AKA you're sorting out how your past has impacted the person you are today. You're most reflective and reminiscent month will be March.

Translation: Looking back at your journey and how that impacted who you are today is going to be important for you.



Capricorn: Sure, your entire vibe is calm, cool, and collected, but right now, you're so unwilling to be vulnerable that you're closing yourself off from loving others and you're blocking others from truly getting to know you. This year is the time to change all that. May's astro weather is attracting tons of love your way—start practicing opening up early so that you can be ready.

Translation: No one can know you and not love you, no one can love you and not know you... think about it.



Aquarius: You've always been the smarty pants of the zodiac, but your words and actions carry extra weight once Pluto enters your sign in March. You'll have a drive like you've never felt before, and you're ready to get whatever you want. But a word of warning: It's easy to become demanding or ruthless as you chase your goals, so try to avoid stepping on others' toes.

Translation: Be cool already! We get it, you are doing big things but don't ever forget where you came from. Be you, always be you, never be the title or job, be you.



Pisces: Honestly, there's just nobody like you, Pisces. And this year's astrology is teaching you to double down on that without holding back. March may be a tough month, and same for October. But stick to your values, honor your emotions, and don't be afraid to express yourself and all of your many feelings (yes, all of them). It's time for people to get to know the real you.

Translation: Growth is uncomfortable, knowledge is earned through work. Tough times ahead only mean growth and self-improvement.



Cancer: Okay, so. Your love life this year is looking a little rocky. Problems in your relationship are popping up in January and then again at the end of the year in December. This doesn't mean you're doomed to break up or be alone, but it does mean you'll need to deeply consider the way you connect with others. Pick your friends carefully and your partner doubly so.

Translation: It is more important to have 1 good person on the team than 100 phoney people. Be careful who you kick it with, because that's who you are.



TEAM K&H



- KE: To Do List**
- 1) COVER PAGE
 - 2) TABLE OF CONTENTS
 - 3) RESTORATIVE JUSTICE
 - 4) MISSION STATEMENT
 - 5) PEER LED SHOWCASE
 - 6) STATEWIDE CALL OUT
 - 7) SENDING SUBMISSIONS
 - 8) BRAIN
 - 9) BRAIN
 - 10) MEME
 - 11) J DAWG
 - 16) CDL
 - 17) IANVILLE SHOOTOUT
 - 18) MARCUS HARRIS "INFLUENCER"
 - 19) GRATITUDE @ PATRIAC
 - 20) WORLD A.I.D.S. DAY
 - 21) REAL TALK @ DIXON
 - 22) ?
- VOLUME 23-2015/16**
- VOLUME 22**
- PERIOD OF REVIEW
- GRADUATES PICS -> WED 11am
- GED (AMIREZ)
- CAT (E; DAN W)
- PROBATION
- FORWARDS PAPER FOR JUDICIALS
- "RE-GRADUATION"
- "MARKET INFO"
- New York
- GRABBY OFFER (10/16)
- BLESS?
- MICAL AOS
- PD-MEDICALS
- MANAGEMENTALS
- LOGIES
- NEW FIRMS / LAWYERS
- MENTORING
- Let's communicate on this

STATEWIDE CALLOUT

Everyone here at Horizons would like to take the time to express our sincerest gratitude for all of the viewers, supporters, and participants of Kewanee Horizons. Our approach is different from other material that has been of benefit to us all, especially in regards to highlighting the successes of our fellow peer's, as well as highlighting the fact that we have an outstanding amount of friends, family, and loved ones that contribute to our overall success. Horizons is more than just a platform for us to use to spread content throughout I.D.O.C., it's also valuable to us all to show that we are indeed a community made up of "real" people, striving to make it through this journey. With Horizons, we are experiencing amazing things. Things that weren't the norm just a few years ago, and that's the evolution of "US", (the incarcerated individuals), and our desire to spark an already contagious thing, which is a change in the utmost positive direction. Change begins with us, and that's exactly what's been shown, as well as proven.



Being able to see some of the Peer led groups is something that is a blessing for us all. For so long, some of us didn't have the courage to teach what we knew, and quite possibly, the issue was that we didn't know what we knew would help anyone. Kewanee doesn't make Horizons, we "ALL" make Horizons. It's about all of us. The things we do during this incarceration not only impacts us, but our community as well. If we want people to believe in us, we first have to believe in ourselves. The entire Horizons team is honored to be able to be a voice for some of those that feel that you don't have one. Our focus is on positivity and how any occurrence that you've encountered since being incarcerated has impacted you in a positive way. Our driving force is positivity with a Restorative Justice mind-set. We don't look to focus on anything negative, we don't want anyone dwelling on yesterday's bad decisions, we want everyone focusing on tomorrow's goal of productivity, positivity, and finding ways to help one another in the best way possible. Please don't shy away from submitting your article to Horizons. WE WANT TO HEAR FROM YOU!

STATEWIDE CALLOUT



MAILING US SUBMISSIONS

The address for Kewanee Horizons is:

Kewanee Horizons Editor, KLSRC

ATTN: EFA Mr. Warnsing

2021 Kentville Rd.

Kewanee, IL 61443

Here is a quick list of Do's and Do-not's:

- **DO** try to have someone official from your facility contact EFA Mr. Warnsing before you send anything through the mail, they may be able to e-mail it directly to him at doc.kewaneehorizons@illinois.gov
- **DO** try to stick within the ideals we have tried to promote in your article, namely Community and Restorative Justice principles, i.e. how the subject of your piece is community related and affected, stay positive
- **DO NOT** expect to have whatever you send, however you send it, returned to you under any circumstances
- **DO NOT** write to any individuals in custody at Kewanee Horizons directly, or indirectly if you are in prison, incarcerated, locked up, doing a bit or anything in that direction
- **DO** write to or e-mail our liaison E.F.A. Mr. Warnsing if you are a free person in the free world and would like to submit something for possible publication
- **DO** understand, your submission is not guaranteed publication in Kewanee Horizons, we have internal and external guidelines that we adhere to



KEWANEE HORIZONS V.23 P.61

KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS:

doc.kewaneehorizons@illinois.gov

TELL YOUR FAMILY AND FRIENDS TO SCREEN SHOT THIS PAGE
AND SHARE IT TO THEIR SOCIAL MEDIA WITH THE HASHTAG:

#KEWANEE HORIZONS

THEN LIKE AND SHARE THE POST:



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